

SECTION A: Multiple-choice questions

Specific instructions to students

- A correct answer scores 1 mark, and an incorrect answer scores 0.
- Marks are not deducted for incorrect answers.
- No marks are given if more than one letter is shaded in the answer box.
- Choose the alternative that is **most correct** or that **best answers** the question and mark your choice on the multiple-choice answer section as shown in the example below.

1 ☐ A ☐ B ☐ C ☒ D



- Use pencil only.

AREA OF STUDY 1: Learning

QUESTION 1

Which of the following is an example of a fixed action pattern?

- A reaching puberty
- B pulling your hand away from a hot stove
- C a spider spinning a web
- D a dog salivating at the fridge door opening

QUESTION 2

The neutral stimulus is thus named because it

- A reverses the effects of classical conditioning.
- B does not produce a naturally occurring response.
- C acts like an extraneous variable during conditioning.
- D produces a conditioned response.

QUESTION 3

Graduated exposure involves pairing an undesirable stimulus with a _____ stimulus and aversion therapy involves pairing an undesirable stimulus with a _____ stimulus.

- A positive; positive
- B negative; negative
- C negative; positive
- D positive; negative

QUESTION 4

Operant conditioning involves the learner establishing an association between the _____ and the _____.

- A unconditioned stimulus; response
- B response; conditioned stimulus
- C consequences; neutral stimulus
- D behaviour; consequences

QUESTION 5

When an individual is learning to establish a response through operant conditioning, they are best to be reinforced

- A intermittently.
- B every second time a response occurs.
- C every time a response occurs.
- D all the time, even if a response does not occur.

QUESTION 6

A key difference between negative and positive reinforcement is that

- A negative reinforcement removes an unpleasant stimulus, whereas positive reinforcement gives a pleasant stimulus.
- B negative reinforcement reduces the likelihood of behaviour occurring again, whereas positive reinforcement increases the likelihood of behaviour occurring again.
- C negative reinforcement removes a pleasant stimulus, whereas positive reinforcement gives a pleasant stimulus.
- D negative reinforcement increases the likelihood of behaviour occurring, again whereas positive reinforcement decreases the likelihood of a behaviour occurring again.

QUESTION 7

For which group of people would token economies be least effective?

- A teachers
- B prisoners
- C children
- D mental health patients

QUESTION 8

Which of the following statements relating to spontaneous recovery in classical conditioning is true?

- A Stimulus generalisation must occur before spontaneous recovery.
- B There is a rest period followed by extinction and then spontaneous recovery.
- C There is a rest period followed by stimulus discrimination and then spontaneous recovery.
- D Extinction occurs followed by a rest period and then spontaneous recovery.

QUESTION 9

In terms of time taken for the cat to escape, the learning curve in Thorndike's trial-and-error experiments showed

- A a steady decline.
- B a steady increase.
- C erratic responses but a gradual decline.
- D erratic responses but a gradual increase.

QUESTION 10

Which of the following models produced the highest amount of aggression in children when the model was rewarded, according to Bandura's experiments on observational learning?

- A A real-life model.
- B A video recording of a model.
- C A cartoon model.
- D They all produced equally high amounts of aggression.

QUESTION 11

During insight learning there is the sudden realisation of the solution to a problem. This is known as the _____ experience.

- A 'aha'
- B light bulb
- C learning
- D momentary

QUESTION 12

Little Albert was originally conditioned to fear white rats, but the experimenters found that he produced a similar response to other stimuli, such as a white rabbit. This is known as

- A stimulus discrimination.
- B stimulus generalisation.
- C spontaneous recovery.
- D a neutral stimulus.

AREA OF STUDY 2: Mental health

QUESTION 13

According to the medical definition of normality, which person would most likely be considered normal?

- A a man suffering from schizophrenia
- B a child with bad eyesight
- C a boy wearing pyjamas to school
- D a woman with depression

QUESTION 14

The ICD-10 seeks to classify different mental and physical health issues. Under what chapter in the ICD-10 are mental disorders categorised?

- A 4
- B 5
- C 6
- D 7

QUESTION 15


When classifying mental illness by using resources such as the ICD-10 it is important for the diagnosis to be consistent across different cultures and countries. This highlights the importance of

- A a conclusion.
- B a generalisation.
- C validity.
- D reliability.

QUESTION 16

Which of the following is **not** a psychological effect of prolonged or intense arousal?

- A depression
- B a change in sleeping patterns
- C loss of concentration
- D colds and flu

ONE ANSWER PER LINE					USE PENCIL ONLY 				
1	A	B	C	D	9	A	B	C	D
2	A	B	C	D	10	A	B	C	D
3	A	B	C	D	11	A	B	C	D
4	A	B	C	D	12	A	B	C	D
5	A	B	C	D	13	A	B	C	D
6	A	B	C	D	14	A	B	C	D
7	A	B	C	D	15	A	B	C	D
8	A	B	C	D	16	A	B	C	D

Questions 17 and 18 refer to the following scenario.

To study her desired tertiary course, Sarah had to move out of her parents' home in the country and take up residency at a city campus. The city lifestyle was a lot faster and noisier than her life on the farm, so Sarah found that she had to do a lot of adjusting to fit in. Her coursework was more demanding than her VCE studies the previous year and, in addition to this, she had to fit in a part-time job to help her financial situation.

QUESTION 17

In the early part of the year, Sarah complained of headaches and of always feeling tense and tired. Despite little change – if anything, her workload increased – she now says that she feels 'OK'. Sarah is most likely

- A in the shock stage of the general adaptation syndrome.
- B in the resistance stage of the general adaptation syndrome.
- C in the exhaustion stage of the general adaptation syndrome.
- D having a nervous breakdown.

QUESTION 18

During this stage the body's normal level of resistance to stress

- A is below normal.
- B is above normal.
- C is initially above normal but rapidly drops below.
- D fluctuates above and below normal.

QUESTION 19

According to Lazarus' transactional model of stress and coping, stress occurs because

- A there are too many demands.
- B there are no demands.
- C there are too many demands for available resources.
- D there are too few demands for available resources.

QUESTION 20

Which of the following is **not** considered a beneficial technique for coping with stress?

- A drinking alcohol
- B relaxation
- C biofeedback
- D physical exercise

Questions 21 and 22 refer to the following scenario.

Mitchell is interested in conducting research into establishing whether meditating for an hour a day actually reduces reported stress levels. Group A completed one hour of meditation by listening to a CD directly before bed for one week, while Group B was instructed not to partake in any meditation practices. At the beginning of the study, the participants were asked to rate their stress level on a scale of 1–10. This was repeated at the conclusion of the experiment.

QUESTION 21

What was the operationalised independent variable for this study?

- A the difference in score between the stress levels reported before and after the experiment
- B the results after the experiment
- C the presence of meditation in the week
- D the time of day meditation occurred

QUESTION 22

What was the operationalised dependent variable for this study?

- A the difference in score between the stress levels reported before and after the experiment
- B the results after the experiment
- C the presence of meditation in the week
- D the time of day meditation occurred

QUESTION 23

Which of the following techniques is **not** a psychological treatment for phobias?

- A cognitive behavioural therapy
- B systematic desensitisation
- C flooding
- D anti-anxiety medication

Complete Questions 24 and 25 ONLY if you have studied major depression. If you have not studied major depression, go to Question 26.

QUESTION 24

A key aim of anti-depressant medication, such as noradrenaline reuptake inhibitors, is to

- A stop depression from occurring.
- B attack the depressive gene.
- C improve mood in sufferers.
- D reduce symptoms of anxiety.

QUESTION 25

Sufferers of major depression often feel they have no control over the events, or the outcomes of these events, in their life. This is known as

- A manic depression.
- B moodiness.
- C neuro-depletion.
- D learned helplessness.

Complete Questions 26 and 27 ONLY if you have studied gambling. If you have not studied gambling, go to Question 28.

QUESTION 26

What sort of mental disorder is gambling classified as?

- A an addictive disorder
- B a schizophrenic disorder
- C a mood disorder
- D an anxiety disorder

QUESTION 27

Gambling behaviours are resistant to extinction due to the reward system that is used. Under which schedule of reinforcement does gambling operate?

- A fixed ratio
- B variable ratio
- C fixed interval
- D variable interval

Complete Questions 28 and 29 ONLY if you have studied schizophrenia. If you have not studied schizophrenia, go to Section B.

QUESTION 28


What sort of mental disorder is schizophrenia classified as?

- A a mood disorder
- B a psychotic disorder
- C an anxiety disorder
- D a distorted disorder

QUESTION 29

Schizophrenia can impact on various cognitive functions. Which of the following effects can occur?

- A an increase in memory abilities
- B a decrease in memory abilities
- C a decrease in sensory experience
- D an increase in sensory experience

ONE ANSWER PER LINE					USE PENCIL ONLY 				
17	A	B	C	D	24	A	B	C	D
18	A	B	C	D	25	A	B	C	D
19	A	B	C	D	26	A	B	C	D
20	A	B	C	D	27	A	B	C	D
21	A	B	C	D	28	A	B	C	D
22	A	B	C	D	29	A	B	C	D
23	A	B	C	D					

SECTION B: Short answer questions

Specific instructions to students

- Answer all questions in the spaces provided.

AREA OF STUDY 1: Learning

QUESTION 1

- a What is neuroplasticity?

Answer:

- b Give one reason why adaptive plasticity may occur.

Answer:

1 + 1 = 2 marks

QUESTION 2

Ivan Pavlov was well known for his work investigating classical conditioning. His most famous experiment revolved around teaching a dog to salivate at the sound of a bell.

- a With reference to the experiment, explain how Pavlov demonstrated the process of extinction.

Answer:

- b With reference to the experiment, explain how Pavlov demonstrated stimulus discrimination.

Answer:

2 + 2 = 4 marks

QUESTION 3

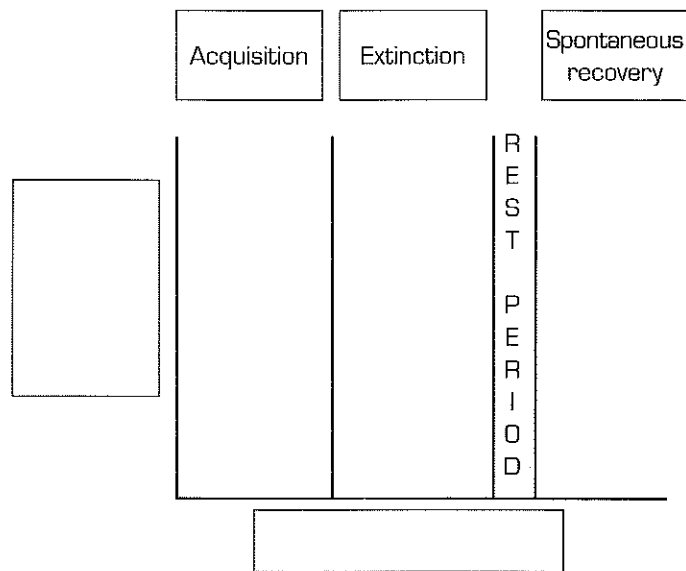
Explain how the process of flooding is used to eliminate a fear response to a phobia.

Answer:

2 marks

QUESTION 4

- a On the axes below, plot the graph of acquisition, extinction and spontaneous recovery in classical conditioning. Label both axes.



- b What is presented to the learner so that they produce the conditioned response once again in spontaneous recovery?

Answer:

- c What is removed during classical conditioning so that a conditioned response is extinguished?

Answer:

3 + 1 + 1 = 5 marks

QUESTION 5

Bandura conducted many different experiments on the influence of observational learning on aggressive behaviour. In one variation, he investigated the effect of vicarious reinforcement on aggressive behaviour.

- a What is vicarious reinforcement?

Answer:

- b When the children in Bandura's experiment watched a model rewarded for aggressive behaviour, how did this influence their behaviour?

Answer:

- c When the children in Bandura's experiment watched a model punished for aggressive behaviour how did this influence their behaviour?

Answer:

1 + 1 + 1 = 3 marks

QUESTION 6

Tolman conducted research into latent learning by teaching rats to run a maze to find food. One group was always presented food and learned to run the maze quickly. Another group was not shown food for the first ten trials but was shown food on the eleventh trial.

- a What was the aim of Tolman's work in investigating latent learning?

Answer:

- b What was the conclusion of Tolman's research on insight learning?

Answer:

1 + 1 = 2 marks

AREA OF STUDY 2: Mental health

QUESTION 7

Define the term 'mental illness'.

Answer:

1 mark

QUESTION 8

The DSM-IV can be used to try to classify different mental disorders. What is one advantage and one limitation of the DSM-IV?

Answer:

Advantage:

Limitation:

2 marks

QUESTION 9

Explain how the biopsychosocial approach seeks to explain mental health?

Answer:

1 mark

QUESTION 10

- a Discuss one physiological response that increases when the fight-flight response is activated and one physiological response that decreases.

Answer:

Increases:

Decreases:

- b Explain why some responses increase and others decrease when the body is in a state of heightened arousal.

Answer:

2 + 1 = 3 marks

QUESTION 11

Name and describe the stages and physiological changes that occur during the alarm reaction stage of the general adaptation syndrome.

Answer:

2 marks

QUESTION 12

Dr Foyster is conducting an experiment into the effects of meditation on stress relief. He hopes to find that stress is decreased during a meditative state, so when estimating the meditation group's stress levels he is very generous in estimating the program's effectiveness. He is not so generous when estimating the control group's stress levels. Dr Foyster's study has been subjected to _____, which can be minimised through the implementation of a _____ procedure.

2 marks

QUESTION 13

Explain what the term 'allostasis' means.

Answer:

1 mark

QUESTION 14

Name and explain the role of the neurotransmitter involved in the management of phobic anxiety.

Answer:

2 marks

Complete Questions 15 and 16 ONLY if you have studied major depression. If you have not studied major depression, go to Question 17.

QUESTION 15

Explain the impact of the neurotransmitter serotonin on the onset of major depression.

Answer:

1 mark

QUESTION 16

Discuss two sociocultural factors that can impact on the development of major depression.

Answer:

2 marks

Complete Questions 17 and 18 ONLY if you have studied gambling. If you have not studied gambling, go to Question 19.

QUESTION 17

Explain how dopamine is believed to influence gambling behaviour.

Answer:

1 mark

QUESTION 18

Discuss two sociocultural factors that can impact on the development of addictive disorders such as gambling.

Answer:

2 marks

Complete Questions 19 and 20 ONLY if you have studied schizophrenia.

QUESTION 19

Explain how genetics can impact on the development of schizophrenia.

Answer:

1 mark

QUESTION 20

Discuss two sociocultural factors that can impact on the development of schizophrenia.

Answer:

2 marks